

AM Activities

7:00 a.m.
Koloiki Ridge Hike
150 min | Great Hall

7:00 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

7:30 a.m.
The Daily Warm-up
30 min | M2

8:00 a.m.
Forest Bathing
90 min | Onsen Kiosk

8:30 a.m.
Target Activations
60 min | M2

10:00 a.m.
Yoga Basics
60 min | Yoga Pavilion

10:00 a.m.
Strength Circuit
60 min | M2

10:30 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

11:00 a.m.
Ranch Walk
60 min | Great Hall

PM Activities

1:00 p.m.
Functional Fascia
60 min | M2

3:00 p.m.
Yin Yoga
60 min | Yoga Pavilion

4:00 p.m.
Deep Relaxation
60 min | M1

6:00 p.m.
Open Sky Meditation
30 min | Yoga Pavilion

AM Activities

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Koloiki Ridge Hike
150 min | Great Hall

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Morning Meditation and Yoga
60 min | Yoga Pavilion

7:30 a.m.
The Daily Warm-up
30 min | M2

10:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

11:00 a.m.
Popular Diets: The good, the bad, and the fad
30 min | Great Hall - Sitting Area

PM Activities

12:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

12:00 p.m.
Garden Walk: The World of Flowers
60 min | Great Hall

AM Activities

7:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

7:30 a.m.
The Daily Warm-up
30 min | M2

8:00 a.m.
Ranch Walk
60 min | Great Hall

8:30 a.m.
Core Strength
60 min | M2

10:30 a.m.
Garden Walk
60 min | Great Hall

11:00 a.m.
Genuine Happiness: A Guide to Inner Joy
30 min | Great Hall - Sitting Area

PM Activities

12:00 p.m.
Yin Yoga
60 min | Yoga Pavilion

2:00 p.m.
Functional Fascia
60 min | M2

2:00 p.m.
Deep Relaxation
60 min | Yoga Pavilion

2:30 p.m.
Forest Bathing
90 min | Onsen Kiosk

AM Activities

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Koloiki Ridge Hike
150 min | Great Hall

7:00 a.m.
Morning Meditation and Yoga
60 min | Yoga Pavilion

7:30 a.m.
The Daily Warm-up
30 min | M2

8:30 a.m.
Strength Circuit
60 min | M2

9:00 a.m.
Sensory Walking Meditation
30 min | Swimming Pool

10:30 a.m.
Freeing Yourself from Stories
60 min | M1

PM Activities

12:00 p.m.
Garden Walk
60 min | Great Hall

2:00 p.m.
Art Walk Tour
60 min | Great Hall

4:00 p.m.
Deep Relaxation
60 min | M1

6:00 p.m.
Open Sky Meditation
30 min

AM Activities

7:00 a.m.
Koloiki Ridge Hike
150 min | Great Hall

7:30 a.m.
The Daily Warm-up
30 min | M2

8:30 a.m.
Primal Basics
60 min | M2

10:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

10:30 a.m.
Forest Bathing
90 min | Onsen Kiosk

PM Activities

2:00 p.m.
Functional Fascia
60 min | M2

3:00 p.m.
Yin Yoga
60 min | Yoga Pavilion

4:00 p.m.
Getting Started with Compassion
60 min | M1

6:00 p.m.
Gong Sound Bath
60 min | Yoga Pavilion

AM Activities

7:00 a.m. Koloiki Ridge Hike 150 min Great Hall	10:00 a.m. Sensei Yoga Flow 60 min Yoga Pavilion	10:30 a.m. Mindfulness for Everyday Living 60 min M1
11:00 a.m. Dream On: Navigating the Challenges of Sleep 30 min Great Hall - Sitting Area		

PM Activities

1:30 p.m. Sensory Walking Meditation 30 min Swimming Pool	3:00 p.m. Restorative Yoga 60 min Yoga Pavilion	4:00 p.m. Deep Relaxation 60 min M1
6:00 p.m. Open Sky Meditation 30 min		

AM Activities

7:30 a.m.
The Daily Warm-up
30 min | M2

8:30 a.m.
Core Strength
60 min | M2

10:00 a.m.
Sensei Yoga Flow
60 min | Yoga Pavilion

10:30 a.m.
Forest Bathing
90 min | Onsen Kiosk

PM Activities

12:00 p.m.
Restorative Aerial Yoga
60 min | Yoga Pavilion

1:00 p.m.
Deep Relaxation
60 min | M1

2:30 p.m.
Sensory Walking Meditation
30 min | Swimming Pool

6:00 p.m.
Meditation on The Elements
30 min